

ANNEX L- PT/Bath Uniform

A. Physical Training

1. Authorization for Wear: The Citadel physical training uniform (PTs) is authorized for year-round wear by all cadets when prescribed by The Commandant. Citadel PTs will be worn when engaged in physical training on and off campus, as authorized by The Commandant. Seasonal variations of the PT uniform will be authorized based on weather conditions. Commanders will prescribe the uniform for unit PT, but all unit personnel will be in the same uniform. The wear of PTs is not authorized for wear in any academic building on campus unless a cadet is X-uniform and is in possession of their infirmary chit. This includes any of the buildings that house our auxiliaries such as the tailor shop, Cadet Store, book store, post office, Canteen and Citadel marketplace. Cadets will not wear PT's after 1950 outside of the barracks (with the exception of proficient seniors and gold star juniors who may work out in Deas Hall during Evening Study Period).

- i. The PT uniform is not authorized for wear in the mess hall unless specifically directed by chain of command, on special orders, or on approved medical orders.
- ii. Cadets are prohibited from wearing hooded sweatshirts of any kind. (This includes corps squad).
- iii. Cadre PT shirts will not be worn for individual PT off campus.
- iv. Cadre PT shirts will not be worn at any time after Cadre Period unless authorized by the Commandant.

2. Composition:

- i. Citadel blue T-shirt.
 - a. During second semester and coinciding with the Regimental Commander granting class privileges, C4 cadets are afforded the class privilege of wearing an approved t-shirt of an official Citadel chartered club or organization for individual PT within the strict confinements of the campus.
- ii. Citadel athletic shorts.
- iii. Citadel sweat shirt.
- iv. Citadel long sleeve shirt.
- v. Citadel sweat pants.
- vi. Citadel wind jacket.
- vii. Citadel wind pants.

3. Accessories:

- i. Athletic shoes with plain white ankle socks that must cover the protruding ankle bone. Visible logos are unauthorized.



Authorized Ankle Length Socks

- ii. Orange reflective safety belt. Athletic officers wear blue safety belts.
- iii. Citadel blue gloves and watch cap.
- iv. Navy blue or black spandex may be worn under athletic shorts.
 - a. Undergarments will not show when wearing the Citadel PT uniform (above the waist or below the hem of athletic shorts).

4. Authorized PT Uniform Combinations:

- i. Individual Physical Fitness training: Cadets will wear the seasonal Citadel PT uniform. Uniform may be summer/winter or any combination of The Citadel PT uniform.
 - a. During individual physical fitness training, cadets are authorized to wear headphones/earbuds. These devices are prohibited for wear during Regimental and Remedial PT and any other scheduled physical training conducted as a member of the corps of cadets.
- ii. HESS Field experience uniform. Worn by Health education and Sport Science students actively enrolled in PHED 406 Directed Field Experience. Uniform is worn with white socks and athletic shoes.
- iii. Club Sports: As specified by the HESS Dept.
- iv. Intramural sports: Cadets will wear seasonal Citadel PT uniform.
- v. Physical Education: Citadel seasonal PT uniform, unless specialized uniforms are provided by HESS.
- vi. Corps Squad (Varsity Sports): As prescribed by the Director of Athletics and approved by the Commandant. All articles of athletic uniform worn by the Corps Squad members will be kept in the appropriate dressing room.
- vii. ROTC Specific Uniforms: Cadets may wear service unique uniforms for service activities.
- viii. Water Sports: Appropriate bathing suits will be worn; males-trunk style, females-standard one-piece conventional cut (black or blue in color). Cut-off trousers, etc. will not be worn.



Summer



Wind

Full Winter PT
Uniform

Female authorized pony
tail in PT uniform



B. Bath

1. Authorization for Wear: The cadet bath uniform is authorized for year-round wear by all Cadets as prescribed by The Commandant. Cadets must wear the bath uniform to and from the latrine when showering.

- i. Cadets are not authorized to transit to and from the latrine wearing only a towel.

2. Composition:

- i. Citadel issued bathrobe.
- ii. Citadel issued ball cap—4th class cadets only.
- iii. Shower shoes
- iv. Cadets may wear undergarments of their choice under the robe

3. Authorized accessories.

- i. Towel.
- ii. Shower caddy/personal hygiene items.

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